

## BOOK REVIEWS



***CHRONIC PELVIC PAIN IN WOMEN, by Ivo Jajić, et al. Medicinska naklada, Zagreb, 2004, 166 pages; Hardcover edition, format 17x24 cm***

Although there are sophisticated diagnostic procedures, chronic pelvic pain presents an important issue in the physician's everyday practice. Considering complex anatomic relations of pelvic organs, the causes of chronic

pelvic pain may be different, yet their clinical signs are sometimes very similar. The issue has to be dealt with comprehensively: the physician should take thorough history of the disease and perform extensive physical examination to detect the possible cause of symptoms. Sometimes a multidisciplinary approach is necessary to include all the necessary diagnostic procedures and decide on the best treatment.

Professor Ivo Jajić, our renowned rheumatologist, gathered a team of experts of different specialties who deal with this problem on a daily basis. This is the first textbook of the kind and I believe it will help you solve many doubts regarding this problem, especially when it comes to finding the possible causes.

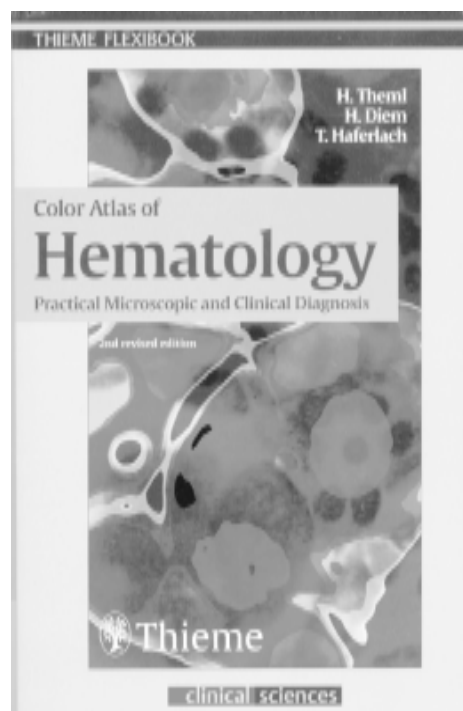
This textbook is divided into the following chapters: Anatomy and Physiology of Pain, General Characteristics of the Chronic Pelvic Pain of Gynecologic Origin, Chronic Pelvic Pain in Women Related to Rheumatic Diseases, Low Abdominal Pain – Gastroenterologic View, and Pelvic Pain in Urology. Most of the chapters contain drawings and photos of different clinical and radiologic findings.

There is a table of contents and a list of literature at the end of each chapter, along with an index at the end of the textbook.

The reviewers of the textbook are Professors Krešimir Koržinek and Vlastimir Kukura.

Medicinska naklada published the textbook in Zagreb in 2004 (165 pages, 17x24 cm, hard cover).

*Simeon Grazio*



**COLOR ATLAS OF HEMATOLOGY (PRACTICAL MICROSCOPIC AND CLINICAL DIAGNOSIS)**, by **H. Thieml, H. Diem and T. Haferlach**. Second revised edition. Thieme, Stuttgart – New York, 2004.

The Color Atlas of Hematology is a pocket book edition that follows the best tradition of pocket handbooks in the field of hematology, especially German hematology school of Professor H. Begemann and his coworkers. The book is English translation of the fifth German edition from 2002.

The authors' intention has not been only to present the morphology of primarily blood cells but also to enable fast and useful diagnosis of various hematologic diseases and conditions by providing respective clinical pictures and other relevant findings. Being enriched with latest concepts on the possibilities offered by current diagnostic methods such as flow cytometry, immunocytochemistry and cytogenetics, the handbook offers recent classifications of hematologic diseases and allows for convenient orientation and proper approach in treating hematologic patients.

The Atlas has 198 pages, 262 color illustrations, and 32 tables. Microphotographs are highly useful for faithfully presenting the real appearance of hematopoietic cells in blood and bone marrow smears routinely stained accord-

ing to Pappenheim (May-Grünwald-Giemsa) or some other (immuno)cytochemistry method.

A thorough account is given of the hematopoietic system physiology and pathophysiology, techniques of blood and bone marrow sampling for quantitative and semiquantitative cell count, and normal values of hematology parameters in adults and children. Indications and algorithms of examinations related to clinical picture and differential diagnosis of hematologic diseases are listed. The normal appearance of mature and immature hematopoiesis cells is thoroughly described, with special reference to cell differentiation and bone marrow cell analysis.

In the chapter on white blood cell line disorders, they are divided into those predominated by mononuclear round and oval cells, and those predominated by polynuclear (segmented) cells. The former group includes reactive lymphocytoses, malignant lymphoproliferative and immunoproliferative diseases of the lymphatic system (non-Hodgkin's lymphomas, chronic lymphatic leukemia, plasmacytoma), relative lymphocytoses associated with neutropenia and agranulocytosis, monocytoses, and acute leukemias with myelodysplasia. The polynuclear cell disorders include neutrophilia with and without signs of the shift to the left, chronic myeloid leukemia and myeloproliferative syndrome, osteomyelosclerosis, eosinophilia and basophilia.

This is followed by a chapter on erythrocyte and platelet disorders. Anemias are classified according to the mean erythrocyte hemoglobin content (MHC) values into hypochromic, normochromic and hyperchromic anemias. In the group of hypochromic anemias, an account is given of those associated with iron deficiency, chronic infection anemias, sideroachrestic anemias, and hypochromic anemias with hemolysis (thalassemias). Normochromic anemias include normochromic hemolytic anemias, hemolytic anemias with erythrocyte anomalies, renal anemias, aplastic anemias and panmyelopathies associated with bone marrow aplasia, and myelophthisic anemias. Megaloblastic anemia is described as an example of hyperchromic anemias. Presentation is also made of erythrocyte inclusions (in malaria), polycythemia vera, and erythrocytoses. Platelet disorders include thrombocytopenias and thrombocytoses including essential thrombocythemia.

A short chapter is dedicated to the cytology of particular organs and effusions, especially to the lymph node cytology. In the scope of lymph node cytology, reactive hyperplasia and lymphogranulomatosis (Hodgkin's disease), then sarcoidosis and tuberculosis, non-Hodgkin's lymphomas, and solid tumor metastases are presented.

There is also a brief account of the branchiogenic cyst, bronchoalveolar lavage, pleural puncture, ascites and cerebrospinal fluid cytology.

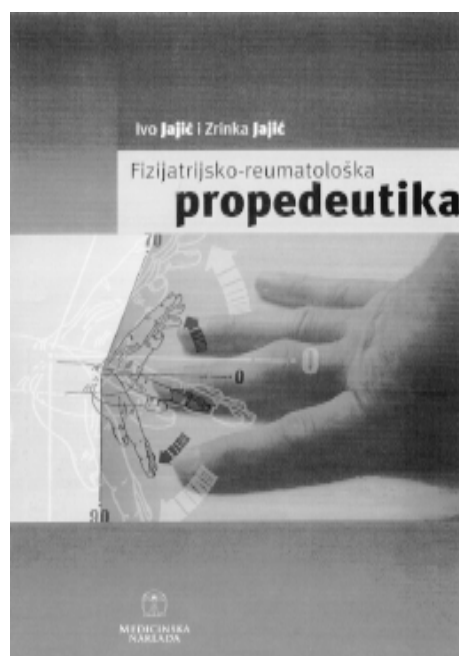
The references bring a list of 23 recent publications of mostly European and German authors.

This handbook provides characteristic clinical pictures of particular hematologic diseases, a key to rapid recognition of blood cells, typical cell changes, complete diagnostic methods, and easy visual orientation. As stated by its authors, this pocket hematologic atlas has not been intend-

ed to be a reference book but a useful handbook in daily routine. This goal has certainly been achieved by the authors, who have offered us a valuable and precious help in the diagnosis of hematologic diseases for both specialists and nonspecialists as well as for all those interested in learning more about blood cell morphology.

Therefore, "let us look through the superior experts' microscope", with full trust.

*Silva Ćurić-Jurić*



**PHYSICAL EXAMINATION IN RHEUMATIC DISEASES**, by Ivo Jajić and Zrinka Jajić. *Medicinska naklada, Zagreb, 2004, 324 pages; Second revised hardcover edition, format 17x24 cm*

The history of disease and physical examination are fundamental in the long process of establishing the cause of disease. Correct and adequate treatment depends large-

ly on an early diagnosis of the disease. Due to the extended average life expectancy caused by the improvement of life conditions, the biologic age of onset of chronic diseases, especially rheumatic ones, has become more apparent. It also leads to an increase in the incidence and prevalence of rheumatic diseases in the population.

Professors Ivo Jajić and Zrinka Jajić, our distinguished rheumatologists, have written the second and renewed edition of this book which includes new diagnostic tests and recent insights into the history of disease and physical examination. This textbook is not only intended for specialists in rheumatology, physical medicine and rehabilitation, and specialties such as orthopedics, neurology, general practice, but also for students, residents, and others interested in the issue.

The textbook contains 18 chapters: general section (history of disease, main symptoms and signs of rheumatic disease, physical examination of the extremities) and a special section with a detailed description of the examination of each joint.

Both a table of contents and an index can be found at the end of this textbook. Each chapter contains a list of literature so that the reader can find the source of data. Most of the chapters contain illustrations and drawings of particular clinical and radiology findings.

The reviewers of the textbook are Professors Marko Pećina, Theodor Dürriegl and Predrag Keros. Medicinska naklada published the textbook in Zagreb in 2004 (326 pages, 17x24 cm, hard cover).

*Frane Grubišić*



***NARANČE I MRTVE RIBE (ORANGES AND DEAD FISH), by Mirna Šitum. Naklada Slap, Jastrebarsko, 2004.***

In the last decade, the Croatian literature found its topics in the painful experience from the reality of war. Both recognized persons of letters and authors yet paving their way to the national literature circles with their stories about war experiences have joined this discourse on the 'reality' in a similar manner. Diaries, letters, columns, autobiographies, testimonies, stories, novels, poetry, are just some genre terms to cover all these publications in terms of literary theory. It is quite conceivable that a great proportion of these books do not meet the true literature requirements, and that many authors are aware of their literary deficiencies. However, their main intention is to give their testimony. Even during the war, when official news had to be reduced and modified, those who had to officially 'fire back', being annoyed and disappointed, could have been expected to take some paper and offer their own reality to remember. And when all was over, when they returned from this brief but profound trip to their fellows and families – never being the same as they had left – they must have felt the need to preserve in writing what they had been through. Because, some day, we all agree, nothing will remain but what has been preserved in the story, carefully cherished in the realm of language.

War atrocities are now expressed numerically, from the number of demolished houses through the number of ref-

ugees and displaced to the number of the wounded, the killed and disabled. So many times I felt the need to hear the names of the war casualties, I wanted to see on the screen the impression of their names and family names, years of birth, testifying their young age. The killed and the wounded were nameless and, according to war reporters, as it happens in all wars all over the world, they were nobody's children.

Now, thirteen years of the first war conflicts I can read a book I wanted to read much earlier. The book makes me confused. The author does not come from the circle of 'recognized' literature, her name cannot be found in the contemporary literature lexicon, and her sentences clinging to my emotions and my skin, are highly sophisticated. They tell the story, describe, testify, and do not flatter anyone. I readily conclude that this is not just fighting the oblivion but also a reading that will draw attention of literary critics, a reading that will pose sentences against numerals. This judgment appears to be best confirmed by parts of the story entitled The Triage: "... *Writing a paper on our war experience to be submitted to a renowned international military journal, my war colleagues and I took actual forms to enter particular organ and organ system injuries as a basis to assess injury severity. The whole account comes down to the number of wounded with mono- and polytrauma. Not even with this account, now also having their complete hospital medical records, could we be sure whether some of them had sustained monotrauma or polytrauma, and of what extent. When we realized it, we were consoled and distressed at the same time. We felt consoled because at that time, the renowned hospital experts having all that sophisticated equipment at their disposal, and working in the comfortable setting of hospital wards and operating rooms, could not positively define the severity of injuries either. And we were saddened because our war years and the misery of crutches, stumps and wheel-chairs had come down to two plain tables that may never be published*".

Twenty-three short texts, which I proclaim stories without hesitation, at the same time represent a novel about the war. A young female physician working in Emergency Service in Split, reaches Southern Frontline after considerable administrative difficulties. Improvised medical corps facilities, old summer residences, wounded and killed fellow soldiers, frightfulness of the formerly beautiful landscape, falling in love, sorrows, pride, anxiety and fears..., all this presented convincingly, upsettingly, narratively.

The short, independent sections show a tripartite structure, as required not only by literary theory textbooks but also by readers, and consist of the introductory, central and conclusive parts. Careful reading may reveal three

variants of starting the story: first with sentences composed around the time- and space-related informants; second representing texts with introductory sentences reserved for direct introduction in the story; and third represented by intimist reminiscences of childhood, expressions allowing the strong woman from the frontline the right to speak about fragility and weakness. The introductory sections are followed by central elaboration of 'individual cases'. They come from the reality, they have their own names, their own age, and their own dates. The narrator has pulled white overcoat over the literary text and, having made the diagnosis, has embarked upon thorough description of the patient management, thereby – which is of utmost importance – fully respecting her professional medical discourse. The two discourses are very successfully interwoven in her text, i.e. the literary one with Dr. Šitum's discourse, and the professional with the discourse of Mirna as an author. In the conclusive paragraph, the text turns to a story again, bringing commentaries, difficult dilemmas, and strong

emphasis. It is just in this closing section where Mirna Šitum's narrative strength invariably glows in full splendor. It appears amazing that somebody who was primarily focused on professional testimony of the difficult years of our recent history has managed to narratively connect the introductory and conclusive motifs, to complete them so as to provoke response, to point to the truth of the past living in the present, and why nobody – although not discernible by the naked eye – has returned from the battlefield the same.

The book *Oranges and Dead Fish*, literarized in its introductory and conclusive sections, and professional in its central sections, is presented as a set of stories, a novel and a medical handbook from the battlefield, thus covering a broad spectrum of recipients, among them Dr. Šitum's fellow doctors who, together with all of us, have no doubts about what has been said on the pages of this book. Not even when its narrative course represents true literature.

*Julijana Matanović*



## NEWS

**15<sup>th</sup> Ljudevit Jurak International Symposium on Comparative Pathology**  
**Zagreb, Croatia, June 4-5, 2004**  
**<http://www.kbsm.hr/Jurak/symposium.htm>**  
**E-mail: [juraks@kbsm.hr](mailto:juraks@kbsm.hr)**

The 15<sup>th</sup> Ljudevit Jurak International Symposium on Comparative Pathology was held in Zagreb, Croatia, on June 4-5, 2005, under the auspices of the European Society of Pathology and Academy of Medical Sciences of Croatia. The Symposium was organized by University Department of Pathology, Sestre milosrdnice University Hospital, Zagreb, Croatia; Institute of Pathology, Leopold Franzens University of Innsbruck, Austria; and Department of General Pathology, School of Veterinary Medicine, University of Zagreb, Zagreb, Croatia. After opening ceremony, the audience were addressed by a special guest of the Symposium, Assist. Professor Dragan Primorac, minister of science, education and sports of the Republic of Croatia, with a lecture on the use of DNA technology in forensic medicine. The lecture was followed by the Ljudevit Jurak Award ceremony for contribution to the advancement of comparative pathology.

The main topic of the Symposium was Head and Neck Pathology Including Ophthalmopathology. Memorial lectures on the assessment of squamous intraepithelial lesions of the larynx and on the normal and pathologic structure of vocal fold Reinke's space were presented by Professor N. Gale, Ljubljana, Slovenia, and Professor S. Večerina-Volić, Zagreb, Croatia. Other invited speakers were Professors S. Manojlović, J. Talan-Hranilović and M. Halbau-

er from Zagreb, Croatia, who delivered lectures on the World Health Organization classification of salivary gland tumors, orbital tumors and pseudotumors, and ultrasound guided fine needle aspiration biopsy in the preoperative diagnosis of parathyroid diseases, respectively. Professor R. Navone from Torino, Italy, held a lecture on exfoliative cytology of the oral cavity for cancer diagnosis and screening. Professor F. Del Piero, a veterinary pathologist from Pennsylvania, USA, presented a lecture on ocular viral diseases of animals.

Free papers were mainly presented as posters. The authors from Slovenia, Spain, Bosnia and Herzegovina, and Croatia presented recent data on the diagnosis, protocols, and pathohistologic and immunohistochemical findings in different human and animal diseases.

An on-line lecture from Pittsburgh, USA, was for the first time organized at our Symposium and was presented by Assist. Professor D. Jukić. The Symposium also included a Slide Seminar to present interesting cases of human and animal tumors. The cases were presented by S. Manojlović, F. Del Piero and B. Krušlin. A quiz on pathology was organized by Dr. J. Krugmann from Innsbruck, Austria.

At the end of the Symposium, poster discussion and Poster Presentation Award ceremony were held. The Poster Presentation Award was granted to N. Bilalović and associates from Sarajevo, Bosnia and Herzegovina.

The next symposium will take place on June 3-4, 2005, with the main topic Surgical Pathology (Frozen Sections).

All data on the Symposium can be found at our web site: (<http://www.kbsm.hr/Jurak/symposium.htm>).

*Davor Tomas*

***International Postgraduate Course: 15<sup>th</sup> Summer Stroke School Healthy Lifestyle and Prevention of Stroke***

***Dubrovnik, Croatia: May 31 - June 5, 2004***

The Course was organized by the Croatian Stroke Society, Croatian Society for Neurovascular Disorders, Croatian Medical Association, Academy of Medical Sciences of Croatia, School of Medicine, University of Zagreb.

Course directors are: Professor Vida Demarin, University of Zagreb, Zagreb, Croatia; Professor Roman Haberl, University of Munich, Munich, Germany; Professor Kurt Niederkorn, University of Graz, Graz, Austria; Professor Tanja Rundek, Columbia University, New York, NY, USA; Professor Zlatko Trkanjec, University of Zagreb, Zagreb, Croatia.

This year we celebrated 15<sup>th</sup> anniversary of the Summer Stroke School gathering in Dubrovnik, hosted again by Dubrovnik Inter-University Center. Throughout these years many renowned world's neurologists have participated in the creation of a pleasant and supportive learning environment for many young professionals from all over Europe. Heartfelt thanks to all who have made the Course possible and kept it alive for so many years!

Many internationally recognized stroke experts have taken part and given lectures during the 15 years of the Course, among them:

Professor Vida Demarin, University of Zagreb, Professor Roman Haberl, Ludwig Maximilian University, Munich, Professor Kurt Niederkorn, Franz Joseph University,

Graz, Professor Tanja Rundek, Columbia University, New York, Professor Zlatko Trkanjec, University of Zagreb, Professor Pavel Kalvach, University of Prague, Professor John S. Kelly, University of Edinburgh, Professor Natan Bornstein, University of Tel Aviv, Professor Miljenko Kalousek, University of Zagreb, Professor Silvio Vukelić, University of Zagreb, Professor Drago DeSyo, University of Zagreb, Professor Tomislav Šoša, University of Zagreb, Assist. Professor Stefan Schwab, University of Heidelberg, Assist. Professor Bojana Žvan, University of Ljubljana, Assist. Professor Jasmina Đelilović-Vranić, University of Sarajevo, Assist. Professor Arijana Lovrenčić-Huzjan, University of Zagreb, Assist. Professor Vesna Šerić, University of Zagreb, Assist. Professor Vesna Vargek-Solter, University of Zagreb, Assist. Professor Dragutin Kadojić, Josip Juraj Strossmayer University, Osijek, Assist. Professor Davor Jančuljak, Josip Juraj Strossmayer University, Osijek, Andrei Alexandrov, University of Houston, Mark Malkoff, University of Houston, Martin Wimmer, Munich, Nevenka Blažić-Čop, Zagreb, Veljko Đorđević, Zagreb, Carlos Molina, Barcelona, Hans van Elst, Amsterdam, Marinko Dikanović, Slavonki Brod, Hrvoje Hećimović, Zagreb, Vlasta Vuković, Zagreb, Aija Freimane, Riga, T. Knoll, Munich, N. Müller, Munich, Julijana Franinović-Marković, Pula, Johannes Schenkell, Munich, Tomislav Breitenfeld, Zagreb, Marija Vitas, Karlovac, Kristina Jaracz, Poznan, Piotr Kowal, Poznan, Marijan Zaletel, Ljubljana, and Josip Hat, Zagreb.

Participants from many European countries attended the Course. The Course traditionally started by Professor Demarin's presentation of the latest achievements and



activities during the past year. She pointed out our objectives and future goals. This was followed by a lecture on the history of Dubrovnik medicine. Great effort was made to present facts about our own, Croatian population. The main risk factors and knowledge about them in our population were presented and discussed. The Slavonian group presented regional differences in the occurrence of hyperlipoproteinemia in stroke patients as well as stroke subtypes and outcomes in eastern Croatia. Several groups from different countries presented their experience with carotid stenting. We were introduced into the pathographies of famous composers Sergei Prokofief and Antonin Dvorak. Other important and interesting subjects were discussed: microangiopathies, aspirin resistance, several functional TCD studies, MRI and CT scans as first diagnostic methods in stroke, MRA and MRI in the diagnosis of vertebrobasilar thrombosis, carotid artery dissection, the role of carotid artery and aortic arch disease in ischemic stroke,

the role of caveolar structures in hemodynamic forces, 3D ultrasound in measurement of elasticity on CCA, neurovascular coupling by functional TCD and Tc-99m HMPAO SPECT.

Several educational case reports were presented. Differentiating vascular and inflammatory brainstem lesions, patients with multiple cerebral arteriovenous malformations and carotid artery dissections were presented among other interesting cases.

This year emphasis was put on improving stroke outcome. Workshops covered several topics, from risk factor management, stroke diagnosis and treatment through stroke outcome. We discussed ultrasound enhanced thrombolysis in acute stroke, a new hope for stroke patients. Among all known stroke risk factors, the importance of lipid lowering, blood pressure control and antihypertensive therapy in acute stroke was pointed out.

*Sandra Morović*



## HISTORICAL REVIEW

Department of Alcoholism was established at our Hospital forty years ago. In the same year, 1964, the Center for Alcoholism and Other Dependences was established, followed by the first Alcoholics Anonymous Society. These were founded by Professor Vladimir Hudolin, M.D., Ph.D., then founder and head of the Department of Neurology and Psychiatry, who had mobilized and sensitized the public for professional engagement in solving the issue of alcoholism as a difficult social problem. To this end, professional programs of work, outpatient treatment, rehabilitation, and especially prevention were organized in collaboration with physicians, nurses, social workers, psychologists, and other paraprofessionals.

A year later, the professional periodical entitled Alcoholism was launched, in addition to the existing, all-Yugoslav journal intended for Alcoholics Anonymous societies and entitled Al-Klub. The professional newsletter Alkohološki glasnik has been published since 1995. Numerous meetings, national and international symposia, congresses, seminars, etc. were held over years.

Professor Hudolin was a very active person<sup>1</sup>, not only as a lecturer but also as author to professional and popular readings on alcoholism and other dependences. Professor

Hudolin's program was especially appreciated in Italy, where he was for many years active as a lecturer, organizer and supervisor in the foundation of Italian societies of Alcoholics Anonymous<sup>2</sup>. His view of alcoholism as a lifestyle rather than a disease was the cornerstone of the treatment of alcoholics, leading us even now to the genuine process of personal health and life protection. Therefore, we now have full right to speak of the Zagreb school of alcoholology headed by Professor Hudolin as the founder of our current approach to the management of alcoholism.

At present, our University Department of Psychiatry covers all main fields of psychiatry in its professional work, with special reference to alcoholism and other addictions, as evidenced by not only the past but also the present of alcoholology in our Hospital.

### References

1. Acta Clinica Croatica 2001;40:332.
2. GOLIK-GRUBER V, ed. Compilation of professional papers published in Alkohološki glasnik. Zagreb: Croatian Association of Alcoholics Anonymous Societies, 2003:406-7.

*Tanja Sušec*



*The premises of the University Department of Neurology and University Department of Psychiatry, where Department of Alcoholism and Center for Alcoholism and Other Dependences were founded in 1964.*

## INTERNET GUIDANCE

Mayoclinic.com is certainly one of the best known and first-rate web addresses in the field of medicine, healthcare and health in the USA and worldwide. This address has been included among the ten most useful web addresses by the USA Medical Library Association, based on the following criteria: credibility, contents, up-to-date quality, goals, links, design, interactivity, etc. The prestigious quality of this web address definitely relies on its main basis of knowledge, i.e. Mayo Clinic with more than 2000 physicians and other health professionals, its famous tradition, and efficient structure to allow all these to function properly. The physicians and other health professionals offer their information and rich knowledge on the following web address:

<http://www.mayoclinic.org>

The Zagreb Institute of Public Health has launched up-to-date and interesting Internet pages offering news related to public health issues from the City of Zagreb and Zagreb County. The Internet pages are so designed to provide prompt information on the respective events for the population of the City of Zagreb and Zagreb County. In addition, the pages also contain data on professional and scientific activities and services at centers such as Center for Gerontology, on health examinations, epidemiologic screenings, etc., in brief, on all that may be of interest also for health professionals. Both the citizens and health professionals find the sections on air quality, bioreport, pollen calendar, and current hygienic-epidemiologic pattern in the City of Zagreb especially useful.

<http://www.publichealth-zagreb.hr>

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# INSTRUCTIONS TO AUTHORS

## AIM AND SCOPE

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## SUBMITTING OF A MANUSCRIPT

All manuscripts should be written in English. Instructions to authors are in accordance with the text: International Committee of Medical Journal Editors. Uniform requirements for manuscripts submitted to biomedical journals. N Engl J Med 1997; 336:309-15., and with Instructions to authors that can be found on web page: <http://www.icmje.org>.

Submit manuscript in triplicate accompanied by a manuscript on a disk: floppy disk (3.5-inch, 1.44 MB, IBM formatted), or compact disk – CD in generally used word processing formats (MS-Word for Windows is preferred, although manuscripts prepared using any other IBM-compatible word-processor are acceptable) to:

Editorial Office, Acta Clinica Croatica, Sestre milosrdnice University Hospital, Vinogradska 29, HR-10 000 Zagreb, Croatia.

## AUTHORSHIP

All persons designated as authors should qualify for authorship, and all those who qualify should be listed. Each author should have participated sufficiently in the work to take public responsibility for appropriate portions of the content. All others who contributed to the work who are not authors should be named in the Acknowledgments. All authors should take responsibility for the integrity of the whole work, from inception to published article. Manuscripts should be accompanied by a covering letter signed by all authors including a statement that the manuscript has not been published or submitted for publishing elsewhere, a statement that the manuscript has been read and approved by all the authors, and a statement about any financial or other conflict of interest. A statement of copyright transfer to the journal must accompany the manuscript.

## PREPARATION OF MANUSCRIPT

Type or print out the manuscript on white bond paper ISO A4 (212 × 297 mm), with margins of 35 mm. Type or print on only one side of the paper. Use double spacing throughout, including the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the lower right-hand corner of each page.

The text of manuscript should be divided into sections: Title page, Abstract and Key words, Introduction, Methods, Results, Discussion, Acknowledgment, References, Tables, Legends and Figures.

### Title page

The title page should carry: the title of the article (which should be concise but informative) and a short running title of the manuscript; full name of author(s), with academic degree(s) and institutional affiliation; the name and address of the author responsible for correspondence about the manuscript including his/her E-mail address.

### Abstract and Key Words

The second page should carry an abstract (of no more than 250 words). The abstract should state the purposes of the study or investigation, basic procedures, main findings, and the principal conclusions. It should emphasize new and important aspects of the study or observations. Below the abstract authors should provide 3 to 10 key words or short phrases that will assist indexers in cross-indexing the article and may be published with the abstract. Terms from the Medical Subject Headings (MeSH) list of Index Medicus should be used for key words.

## Introduction

State the purpose of the article and summarize the rationale for the study or observation. Give only strictly relevant references and do not include data or conclusions from the work being reported.

## Methods

Describe selection and identify all important characteristics of the observational or experimental subjects or laboratory animals clearly. Specify carefully what the descriptors mean, and explain how the data were collected. Identify the methods, apparatus with the manufacturer's name and address in parentheses, and procedures in sufficient detail to allow other workers to reproduce the results. Provide references to established methods and statistical methods used. Describe new or substantially modified methods, give reasons for using them, and evaluate their limitations. Identify precisely all drugs and chemicals used. Use only generic name of drugs. All measurements should be expressed in SI units.

## Ethics

Papers dealing with experiments on human subjects should clearly indicate that the procedures followed were in accordance with the ethical standards of the institutional or regional responsible committee on human experimentation and with the Helsinki Declaration of 1975, as revised in 1983. Never use patients' names, initials, or hospital numbers, especially in illustrative material. Papers dealing with experiments on animals should indicate that the institution's or a national research council's guide for the care and use of laboratory animals was followed.

## Statistics

Describe statistical methods with enough detail to enable a knowledgeable reader with access to the original data to verify the reported results. Whenever possible, quantify findings and present them with appropriate indicators of measurement error or uncertainty. Specify any general-use computer programs used.

## Results

Present your results in logical sequence in the text, tables, and illustrations. Do not repeat in the text all the data in the tables or illustrations; emphasize or summarize only important observations.

## Discussion

Emphasize the new and important aspects of the study and the conclusions that follow from them. Do not repeat in detail data or other material given in the Introduction or the Results section. Include in the Discussion section the implications of the findings and their limitations, including implications for future research, but avoid unqualified statements and conclusions not completely supported by the data. Relate the observations from your study to other relevant studies. State new hypotheses when warranted, but clearly label them as such.

## Tables

Type or print out each table with double spacing on a separate sheet of paper. Do not submit tables as photographs. Number tables consecutively in the order of their first citation in the text and supply a brief title for each. Give each column a short heading.

## Figures

Figures and illustrations should be professionally drawn and photographed. Make sure that letters, numbers, and symbols should be legible even when reduced in size for publication. Each figure should have a label pasted on its back indicating the number of the figure, author's name, and top of the figure. Figures should be numbered consecutively according to the order in which they have been first cited in the text. If

photographs of people are used, either the subjects must not be identifiable or their pictures must be accompanied by written permission to use the photograph. All illustrations and figures could be submitted on disks: floppy disk (3.5-inch, 1.44 MB, IBM formatted), or compact disk – CD in appropriate, generally used picture formats. The preferred formats are JPEG and TIFF, although any format in general use that is not application-specific is acceptable. Make sure that minimum resolution should be 300 dpi. Up to two color illustrations are acceptable for each manuscript free of charge.

#### Abbreviations

Use only standard abbreviations. The full term for which an abbreviation stands should precede its first use in the text unless it is a standard unit of measurement.

#### Acknowledgments

List all contributors who do not meet the criteria for authorship, such as a person who provided purely technical help, writing assistance, or a department chair who provided only general support. Financial and material support should also be acknowledged.

#### References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in superscript.

References should be cited in the style based on the formats used by the Index Medicus. The titles of journals should be abbreviated according to the style used in Index Medicus (<http://www.nlm.nih.gov>).

References to papers accepted but not yet published should be designated as "in press". Authors should obtain written permission to cite such papers as well as verification that they have been accepted for publication.

Examples of reference citations are listed.

### EXAMPLES OF REFERENCE CITATIONS

#### ARTICLES IN JOURNALS

Standard journal article (list the first six authors followed by et al.)

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